

# Pre-K Breakfast



*Pre-K School  
Breakfast Menu*

Spring 2025

Breakfast includes:  
Choice of 1 Entree,  
1-2 Fruits, and 1 Milk

Menu subject to change  
due to item availability

Vegetarian options are  
available upon request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>Turkey Sausage Biscuit</li> <li>Chilled Peaches</li> <li>Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Muffin</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cheerios Cereal Bowl</li> <li>Chilled Pears</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Country Steak Biscuit</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Waffles</li> <li>Chilled Pineapple</li> <li>Unflavored Low-fat Milk</li> </ul>
<i>Week 2</i>	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>Cinnamon Toast Crunch Cereal Bowl</li> <li>Mandarin Oranges</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Muffin</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Egg &amp; Cheese Biscuit</li> <li>Applesauce Cup</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread Slice</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Pancakes</li> <li>Mixed Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>
<i>Week 3</i>	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>Cheerios Cereal Bowl</li> <li>Chilled Peaches</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Muffin</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Egg-Cheese Eng. Muffin</li> <li>Chilled Pears</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Biscuit</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Creamy Cheese Bagels</li> <li>Chilled Pineapple</li> <li>Unflavored Low-fat Milk</li> </ul>

*Alternative Entree Options*

*Nutrition Bites*

March's *Nutrition Bites*: Kale is the Virginia harvest of the month! Packed with vitamins A, C, and K, plus fiber and antioxidants, it's a superfood that supports strong bones and a healthy immune system. Try adding kale to smoothies, salads, or crispy kale chips at home for a tasty, nutritious snack!